

Step 1

Weigh Yourself Every Day

Weigh yourself every morning. Weigh when you get up, right after you go to the bathroom and before you eat.

- Write your weight on a calendar every day.
- Take your calendar with you when you go to the doctor or clinic.
- If you need a scale, ask the **Your Healthcare Plus** heart program nurse to help you get one.



Step 2

Ask Your Doctor About Heart Medicines

Ask your doctor if you should take heart medicine. Heart medicines may help you live longer and feel better.

Step 3

Know the Signs of Heart Problems

Call your doctor if:

- You have trouble breathing.
- You gain more than 3 pounds in one day or 5 pounds in one week.
- You cough at night.
- Your ankles, feet, legs or stomach swell.
- You feel more tired or weak than usual.

Step 4

Get a Flu Shot

Ask your doctor about getting a flu shot. It is important for people with heart conditions to stay healthy. The vaccine does not cause the flu. Flu shots are paid for by your Illinois healthcare plan.

Step 5

Eat Less Salt and Salty Foods

Salt makes your body hold water. Extra water in your body makes your heart pump harder. Do not add salt to your foods and stay away from salty foods.





Step 6

Get Your Blood Pressure Checked



High blood pressure makes your heart work hard. You may have other health problems if your blood pressure is high. Have your blood pressure checked every time you see your doctor. Always take blood pressure medicine just the way your doctor tells you.

For More Information

Call **1-800-973-6792** to talk to a nurse at **Your Healthcare Plus™** if you have any questions or anytime you are sick or hurt. The nurses are always available and the call is free.

If you use a TTY, call 1-888-317-2697 or your local Telecommunications Relay Service to talk to a nurse.

To find out more about Your Healthcare Plus online, go to **www.yourhealthcareplus.com**.

Take Care of Your Heart and Feel Better



Your **Healthcare Plus™**
Extra help for better health

a free benefit of

HFS ILLINOIS DEPARTMENT OF
Healthcare and
Family Services

©2007 McKesson Health Solutions LLC.

Your Healthcare Plus™ is a trademark of the State of Illinois.
Printed by authority of the State of Illinois.

ILHFBREN_0807 10000

